



Lesson Plan Title:

Grade:

Upper Body Strength

10-12

General Outcome A



Basic Skills:

Locomotor

Application of Basic Skills In:

Individual Activities

General Outcome B



Functional Fitness

General Outcome C



Fair Play

Teamwork

General Outcome D



Grade Specific Outcomes

Activities Teaching Strategies:

Introductory Activity – “Crabs in the Canal”. A designated area is chosen and all students must stay within the boundaries. 4-6 students are “it” and in the crab crawl position. They attempt to tag all of the others within the area; if caught they too become crabs. Play until all are caught.

Body – Students in groups work through stations emphasizing upper body strength.

- tug-of-war (standing, sitting, kneeling)
- scooter obstacle race – using only arms
- jump rope – tricks
- wall push-ups (tape on floor away from wall at 3 different intervals)
- throw/push-ups – partners play catch between push-ups

Culminating Activity – Crab Beach Volley

Use lowered net, two teams, each with 6 beach balls. Must get all 12 balloons on one side. Must stay in crab walk position and only touch balls with feet or hands.

Assessment Strategies:

Help with on-going assessment of individual student’s upper body strength in their fitness assessment.

Teachers comments could include:

- How did your arms feel on the first day?
- What can you do to help with this?
- Is your plan realistic in terms of your weight and repetitions?
- Why do you want to increase your upper body strength?
- Why is it important?

Equipment:

rope, scooters, skipping ropes, bean bags, 12 beach balls

Resources:

Physical Activity Ideas for Action - Secondary level
LRDC# 395766

Adaptations: